

For More Effective Integration of Your Adjustment

*Breathe deeply and comfortably. This allows for easier release of old patterns that have been locked in your spine and nervous system. Deep breathing also helps you integrate the adjustment. Shallow breathing is associated with a state of constriction and non-healing. So please, breathe!

*Watch your thoughts. It is a universal principle... If you think about what you want, you will get more of it. If you think about what you don't want, you will get more of that. Notice positive changes in your body and mind and focus your thoughts on that as often as possible. When your mind starts straying back to what isn't working yet... bring your thoughts back to what is better. This is a strategy that you must work at. You will get better at this over time and it will help you to heal more quickly.

*We spend most of our time worrying about events that have passed or in fear of future events that have not yet happened. No wonder we have no energy to heal! During the quiet time of your adjustment, focus your attention inward toward some part of your body while breathing into that area. This allows you to come into the "NOW". We can only "HEAL" in the Now. This will help you to relax quickly and teach you strategies for relaxation for when you are in stressful situations outside the office.

* Plan your visit so that you have not just eaten a heavy meal or consumed alcoholic beverages. Your nervous system will not be occupied with digestion and elimination of toxins and will have more attention available for healing.

* Remove any jewelry from your neck, empty your pockets, remove your shoes.

*Read whatever you can about people who heal. Read our testimonial books. If someone else can heal from something... it make it possible for you too. Look for miracles in your own life. If in doubt about a situation you are involved with or living in, be still and ask your inner voice for an answer. Feel for a response. The communication lines will be opening as you are adjusted frequently.

* Listen to the commonly unheard, feel for the commonly unfelt, and look within for the commonly unseen. Healing involves growing beyond your usual frame of consciousness.

* Although becoming ill is usually convenient, being whole and healthy rarely is.

* Do not try- just be, and participate in the journey of healing.

* Recognize that change will occur in your body-mind and in your life. You are the solution.